Effectiveness of Planned Teaching on Knowledge Regarding Contraceptive Methods among Postnatal Mothers Admitted in Maternity Hospitals

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ABSTRACT

Mother's health affects the health of her children, being a healthy mother is the best way to have healthy children. Women who are in poor health, poorly nourished or ignorant are more likely to give birth to unhealthy babies and often cannot provide adequate care, diminishing the chance the children will survive and thrive. Birth spacing, planned pregnancy can be improved and unwanted pregnancy; abortions can be avoided by proper use of contraceptive methods. Family planning is a method of thinking and a life style which is chosen voluntarily and according to the attitudes and responsible determination of the couples in order to promote the hygiene and convenience of the family. To assess the existing knowledge regarding contraceptive methods among postnatal mothers.2.To evaluate the effectiveness of Planned teaching on knowledge regarding contraceptive methods among postnatal mothers.3.To find out association between knowledge score and selected demographic variables. 100 samples were selected from post natal wards in selected hospitals of Maharashtra by Non probability convenient sampling technique. Pre Experimental research design one group Pre test and post test without control group design was used. Result: Findings revealed that in pre test majority of post natal mothers (66%) had average knowledge regarding Contraceptive Methods. Mean percentage of knowledge score was (33.84%) and in post test majority of postnatal mothers (48%) had very good knowledge regarding Contraceptive Methods. Mean percentage of knowledge score was (70.56%). Education, occupation and were found to be associated with knowledge of postnatal mothers none of the other variable were found significantly related with the knowledge of postnatal mothers. Thus it shows education also may be one of the contributing factor for the post natal mothers to acquire knowledge regarding Contraceptive Methods,. Contraceptive Methods is the most important method to all the postnatal mothers for spacing between the children, so the health education is very essential to all the antenatal and postnatal mothers and also mothers should be aware about contraceptive method during pregnancy to prevent the complication. The mean post-test knowledge score was found to be significantly higher than the mean pre-test knowledge scores.

KEY WORDS: CONTRACEPTIVE METHODS, POSTNATAL MOTHER, PRIMIPARA, MULTIPARA, ABORTION

INTRODUCTION

Assumptions:

- Postnatal mother may have inadequate knowledge regarding Contraceptive Methods.

Hypothesis:

1. H1:- There will be significant difference between the pre-test and post test knowledge score regarding Contraceptive Methods among postnatal mothers
2. Ho :- There will be no significant difference between the pre-test and post test Knowledge score regarding Contraceptive Methods among postnatal mothers.

METHODOLOGY

Research Design:- Pre experimental one group pretest and posttest design

Setting of the study:- The study was conducted in selected hospitals of wardha

Sampling technique: - Non probability convenient sampling

Sample : - Postnatal mothers

Sample size:- 100 samples

Criteria for sample selection:-

I) Inclusion Criteria

1. All postnatal mothers who are willing to participate in the study.
2. Those who are available at the time of data collection

II) Exclusion Criteria

1. Those having maternal complication.

Description Of The Tools

Section A :- Demographic variable

Table 1. Percentage wise distribution of postnatal mothers according to their demographic characteristics. n = 100

Demographic Variables	Frequency	Percentage(%)
Age(yrs)		
19-21 yrs	21	21
22-24 yrs	34	34
25-27 yrs	24	24
28-38 yrs	21	21
Place of residence		
Urban	46	46
Rural	54	54
Type of family		
Nuclear	31	31
Joint	55	55
Extended	14	14
Religion		
Hindu	61	61
Boudha	21	21
Muslim	4	4
Other	14	14
Educational status of mother		
Illiterate	3	3
Primary	22	22
Secondary	63	63
Graduate	9	9
PG	3	3
Occupation of the mother		
Housewife	50	50
Service in Govt/Private	14	14
Daily Wages	36	36
Others	0	0
Monthly family income(Rs)		
2000-5000 Rs	46	46
6000-9000 Rs	27	27
10000-13000 Rs	15	15
14000 & above	12	12

Section B:-Structured Questionnaire regarding knowledge on Contraceptive Methods.

Result:- Major Finding Of The Study And Discussion

The following are the major findings of the study.

- Distribution of postnatal mothers with regards to demographic variables.
- Distribution of postnatal mothers according to their age reveals that 21(21%) in 19-21 years, 34(34%) in 22-24 years, 24(24%) in 25-27 years and 21(21%) in 28-38 years.
- Distribution of postnatal mothers according to their place of residence reveals that 46(46%) in urban area and 54(54%) in rural area.
- Distribution of postnatal mothers according to their type of family reveals that 31(31%) in nuclear family, 55(55%) in joint family and 14(14%) in extended family.
- Distribution of postnatal mothers according to their religion reveals that 61(61%) in hindu, 21(21%) in boudha, 4(4%) in muslim and 14(14%) in others.
- Distribution of postnatal mothers according to their educational status of mother reveals that 3(3%) in illiterate, 22(22%) in primary, 63(63%) in secondary, 9(9%) in graduate and 3(3%) in post graduate.
- Distribution of postnatal mothers according to their occupation of the mother reveals that 50(50%) in housewife, 14(14%) in service in govt. / private, 36(36%) in daily wages and 0(0%) in others.
- Distribution of postnatal mothers according to their monthly family income reveals that 46(46%) in 2000-5000 Rs., 27(27%) in 6000-9000 Rs., 15(15%) in 10000-13000 Rs. And 12(12%) in 14000 & above.

Table 2. Knowledge on Contraceptive Methods among postnatal mothers in Pre test n = 100

Level of knowledge score	Score range	Percentage score	Pre Test	
			Frequency	Percentage
Poor	0-5	0-20%	15	15
Average	6-10	21-40%	66	66
Good	11-15	41-60%	17	17
Very Good	16-20	61-80%	2	2
Excellent	21-25	>80%	0	0
Minimum score	1			
Maximum score	19			
Mean score	8.46 ± 2.76			
Mean %	33.84 ± 11.04			

The above table shows that 15(15%) of postnatal mothers were having poor level of knowledge score, 66(66%) of them had average and 20(20%) of them had good level of knowledge score, 17(17%) had good and only 2(2%) of them had very good level of knowledge score. The minimum score was 1 and the maximum score was 19, the mean score was 8.46 ± 2.76 with a mean percentage score of 33.84 ± 11.04.

Assessment of knowledge regarding Contraceptive Methods among postnatal mothers in selected hospital at wardha: The pre test findings shows that 15(15%) of postnatal mothers were having poor level of knowledge score, 66% of them had average and 20% of them had

good level of knowledge score, 17% had good and only 2% of them had very good level of knowledge score. The minimum score was 1 and the maximum score was 19, the mean score was 8.46 ± 2.76 with a mean percentage score of 33.84 ± 11.04 . The post test findings shows that 3(3%) of postnatal mothers were having average level of

knowledge score, 24% had good, 48% had very good and 25% of them had excellent level of knowledge score. The minimum score was 10 and the maximum score was 25, the mean score was 17.64 ± 3.45 with a mean percentage score of 70.56 ± 13.81 . After assessing pre test and post test it shows that after planned teaching there was increase in post test knowledge score (Chandhick 2003).

Table 3. Knowledge on Contraceptive Methods among postnatal mothers in Post test n = 100

Level of knowledge score	Score range	Percentage score	Post Test	
			Frequency	Percentage
Poor	0-5	0-20%	0	0
Average	6-10	21-40%	3	3
Good	11-15	41-60%	24	24
Very Good	16-20	61-80%	48	48
Excellent	21-25	>80%	25	25
Minimum score		10		
Maximum score		25		
Mean score		17.64 ± 3.45		
Mean %		70.56 ± 13.81		

The above table shows that 15(15%) of postnatal mothers were having poor level of knowledge score, 66(66%) of them had average and 20(20%) of them had good level of knowledge score, 17(17%) had good and only 2(2%) of them had very good level of knowledge score. The minimum score was 1 and the maximum score was 19, the mean score was 8.46 ± 2.76 with a mean percentage score of 33.84 ± 11.04 .

Table 3a. Effectiveness of planed teaching on Contraceptive Methods of postnatal mothers n = 10

Level of knowledge score	Score range	Percentage score	Post Test	
			Pre Test	Post Test
Poor	0-5	0-20%	15(15%)	0(0%)
Average	6-10	21-40%	66(66%)	3(3%)
Good	11-15	41-60%	17(17%)	24(24%)
Very Good	16-20	61-80%	2(2%)	48(48%)
Excellent	21-25	>80%	0(0%)	25(25%)
		Minimum score	1	10
		Maximum score	19	25
		Mean score	8.46 ± 2.76	17.64 ± 3.45
		Mean %	33.84 ± 11.04	70.56 ± 13.81

The above table shows that 3(3%) of postnatal mothers were having average level of knowledge score, 24(24%) had good, 48(48%) had very good and 25(25%) of them had excellent level of knowledge score. The minimum score was 10 and the maximum score was 25, the mean score was 17.64 ± 3.45 with a mean percentage score of 70.56 ± 13.81 .

Association Of Knowledge Score In Relation To Demographic Variables.

RESULTS AND DISCUSSION

A study on contraceptive knowledge, practice and utilization of service in rural area of India was conducted among 1,17,465 eligible women from selected 28 districts, out of 1,17,465 eligible women 14,276 were using contraceptives and 17,082 were not using any family

methods (Jain et al., 1999). Among contraceptive users only 26 percent of women were using spacing methods. Almost all women (98.8%) were using a contraceptive method with the knowledge of their husband and had their support for continuing the same. The most common reason given for not using any family planning method was 'family not completed (34.6%), and fear of side effects (10%).10 (Hiller et al., 2002).

Graph 1. Effectiveness of planned teaching in pre and post test of knowledge on Contraceptive Methods among postnatal mothers

Table 4. Association of knowledge score in relation to age in years of the postnatal mothers n=100

Age(Years)	No. of postnatal mothers	Mean knowledge score	F-value	p-value
19-21 yrs	21	17.23±3.76	0.47	0.700 NS,p>0.05
22-24 yrs	34	17.38±2.77		
25-27 yrs	24	17.70±3.62		
28-38 yrs	21	18.38±4.01		

This table shows the association of knowledge scores with the age in years of postnatal mothers. The tabulated 'F' values was 2.68(df=3,96) which is higher than the calculated 'F' i.e. 0.47 at 5% level of significance. Also the calculated 'p'=0.700 which was much higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that age in years of postnatal mothers in selected hospitals of Wardha is not associated with their knowledge scores.

Table 5. Association of knowledge score in relation to place of residence of the postnatal mothers n=100

Place of residence	No. of postnatal mothers	Mean knowledge score	t-value	p-value
Urban	46	17.95±3.88	0.84	0.40 NS,p>0.05
Rural	54	17.37±3.04		

This table shows the association of knowledge scores with the place of residence of postnatal mothers. The tabulated 't' values was 1.98(df=98) which is higher than the calculated 't' i.e. 0.84 at 5% level of significance. Also the calculated 'p'=0.40 which was much higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that place of residence of postnatal mothers in selected hospitals of Wardha is not associated with their knowledge scores.

Table 6. Association of knowledge score in relation to type of family of the postnatal mothers n=100

Type of family	No. of postnatal mothers	Mean knowledge score	t-value	p-value
Nuclear	31	16.61±4		
Joint	55	18.12±3.09	2.03	0.13
Extended	14	18±3.21		NS,p>0.05

This table shows the association of knowledge scores with the type of family of postnatal mothers. The tabulated 'F' values was 3.07(df=2,97) which is higher than the calculated 'F' i.e. 2.03 at 5% level of significance. Also the calculated 'p'=0.13 which was much higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that type of family of postnatal mothers in selected hospitals of Wardha is not associated with their knowledge scores.

Table 7. Association of knowledge score in relation to religion of the postnatal mothers n=100

Religion	No. of postnatal mothers	Mean knowledge score	t-value	p-value
Hindu	61	17.65±3.25		
Boudha	21	18.33±3.95	0.78	0.50
Muslim	4	17.75±2.75		NS,p>0.05
Others	14	16.50±3.75		

This table shows the association of knowledge scores with the religion of postnatal mothers. The tabulated 'F' values was 2.68(df=3,96) which is higher than the calculated 'F' i.e 0.78 at 5% level of significance. Also the calculated 'p'=0.50 which was much higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that religion of postnatal mothers in selected hospitals of Wardha is not associated with their knowledge scores.

Table 8. Association of knowledge score in relation to educational status of the postnatal mothers n= 100

Educational Status	No. of postnatal mothers	Mean knowledge score	t-value	p-value
Illiterate	3	13.66±3.21	5.35	0.001
Primary	22	17.77±3.10		S,p<0.05
Secondary	63	17.11±3.26		
Graduate	9	21.44±2.87		
PG	3	20.33±2.51		

This table shows the association of knowledge scores with the educational status of postnatal mothers. The tabulated 'F' values was 2.45(df=4,95) which is less than the calculated 'F' i.e 5.35 at 5% level of significance. Also the calculated 'p'=0.001 which was much less than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that educational status of postnatal mothers in selected hospitals of Wardha is statistically associated with their knowledge scores

Table 9. Association of knowledge score in relation to occupational status of the postnatal mothers n=100

Religion	No. of postnatal mothers	Mean knowledge score	t-value	p-value
Housewife	50	18.26±3.31		
Service in Govt/	14	19.57±2.56	7.87	0.001
Private				
Daily Wages	36	16.02±3.34		S,p<0.05
Others	0	0±0		

This table shows the association of knowledge scores with the educational status of postnatal mothers. The tabulated 'F' values was 3.07(df=2,97) which is less than the calculated 'F' i.e 7.87 at 5% level of significance. Also the calculated 'p'=0.001 which was much less than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that occupational status of postnatal mothers in selected hospitals of Wardha is statistically associated with their knowledge scores

A randomized controlled trial on 139 adolescents teenage mothers was conducted to assess their knowledge of contraception, infant vaccination, and breastfeeding .A structured postnatal home visits by nurse-midwives

(n=65) or not (n=71) assessment interviews were done for 6 months postpartum (Ramachandran et al., 1983). Study concluded that postnatal home visits were associated with a reduction in adverse neonatal outcomes and a

significant increase in contraception knowledge was improved, This study supported to present study so the planned teaching was effective in improving the

knowledge of postnatal mothers Contraceptive Methods (Rastak et al., 2005).

Table 10. Association of knowledge score in relation to monthly family income of the postnatal mothers n=100

Monthly family income(Rs)	No. of postnatal mothers	Mean knowledge score	t-value	p-value
2000-5000 Rs	46	17.15±3.57		
6000-9000 Rs	27	17.85±3.63	1.33	0.26
10000-13000 Rs	15	17.40±3.18		NS,p>0.05
14000 & above	12	19.33±2.60		

This table shows the association of knowledge scores with monthly family income(Rs) of postnatal mothers. The tabulated 'F' values was 2.68(df=3,96) which is higher than the calculated 'F' i.e 1.33 at 5% level of significance. Also the calculated 'p'=0.26 which was much higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that monthly family income(Rs) of postnatal mothers in selected hospitals of Wardha is not associated with their knowledge scores

Table 11. Association of knowledge score in relation to parity of the postnatal mothers n=100

Parity	No. of postnatal mothers	Mean knowledge score	t-value	p-value
Primipara	65	17.14±3.35	2.00	0.04
Multipara	35	18.57±3.48		S,p < 0.05

This table shows the association of knowledge scores with the parity of postnatal mothers. The tabulated 't' values was 2.00(df=98) which is less than the calculated 't' i.e 2.00 at 5% level of significance. Also the calculated 'p'=0.040 which was less than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that parity of postnatal mothers in selected hospitals of Wardha is associated with their knowledge scores.

CONCLUSION

Based on the analysis of findings of the study, the following inference was drawn. There was evident increase in the knowledge scores in all the areas included in the study after administration of the plan teaching. The actual gain score was significantly higher in the areas of Contraceptive Methods and indicated more scope for improving in the area of knowledge of Contraceptive Methods Thus the plan teaching was effective and while the gain in knowledge scores. It was found that there was deficit in knowledge about Contraceptive Methods. Paired' test was computed to assess the effectiveness of the planned teaching in terms of knowledge gain. A significant difference in means was found in knowledge scores between pre-test & post-test. The mean post-test knowledge score was found to be significantly higher than the mean pre-test knowledge scores.

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